



Colonel Allensworth

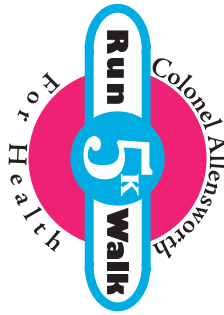
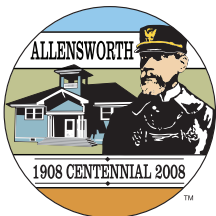


5 K Run Walk



For Health

Saturday, October 11, 2008
Colonel Allensworth State Historic Park
9:00 a.m.



Colonel Allensworth 5K Run Walk for Health
 P.O. Box 162513
 Sacramento, CA 95816-2513

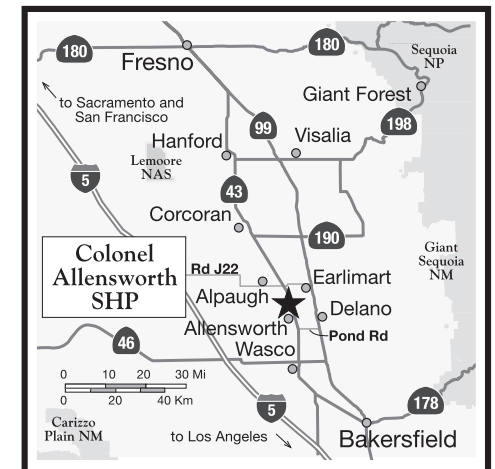
YOUR PARTICIPATION MAKES A DIFFERENCE

Proceeds will benefit Colonel Allensworth State Historic Park (SHP). This year 2008 is the 100th anniversary of the establishment of the town of Allensworth.

In August 1908 Colonel Allen Allensworth and four other settlers established a town founded financed and governed by African Americans. In 1974 California State parks purchased land within the historical town site of Allensworth and it became Colonel Allensworth State Historic Park.

The dream of the settlers to develop an abundant and thriving community stemmed directly from a strong belief in programs that allowed African Americans to help themselves create better lives.

Today a collection of lovingly restored and re-constructed early 20th century buildings including the Colonel's House, historic schoolhouse, Baptist church and library once again dots this flat farm country, giving new life to the dreams of these visionary pioneers.



INFORMATION

When: October 11, 2008; 9:00 a.m.

Race Location: Colonel Allensworth SHP which is located ten miles Southwest of Earlimart on County Road J22. From Highway 99, take County Road J22 west to Highway 43 south and turn into the park at Palmer Avenue.

Course: Our certified 5K Run Walk course will begin and end at Colonel Allensworth SHP in front of the school house with a scenic tour of the residential neighborhood nearby.

Features: T-shirt, Refreshments, Random Drawing, Awards Timing, aid stations stocked with water, healthy eats and volunteers.

Start Time: 9:00 a.m.

Awards Ceremony: The fastest three male and female finishers for the 5K Run Walk in each age Division: 12 under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-over will receive a trophy.

Entry Fee: Before September 30, 2008, \$25 for adults; \$12 for youth 12 years and younger.

Entry fees after September 30, 2008, adults \$30 and \$15 for youth 12 years and younger.

COLONEL ALLENSWORTH 5K RUN WALK FOR HEALTH

Registration: \$25 adults; \$12 (Youth 12 years and younger) payable to California State Parks Foundation. Complete form, sign waiver, enclose check and mail to: *Colonel Allensworth 5K Run Walk for Health, P.O. Box 162513, Sacramento, CA 95816-2513.*

For additional information please call:
(916) 375-5911

Virtual Runner Walker: Donation of \$25 or more you will receive your T-shirt by mail.

5K Run Walk ____	
Virtual Runner Walker ____	
.....	
Sex: Male ____ Female ____	
.....	
T-shirt	
S ____ M ____ L ____ XL ____ 2X ____ 3X ____	

First Name _____

Last Name _____

Address _____

Age On Race Day _____

City _____ State _____ ZIP _____

Phone # _____

E-Mail _____

Waiver: In consideration of your acceptance of our entry, we intending to be legally bound, do hereby for ourselves, our heirs, executors and administrators, waive and release forever any and all rights and claims or damages we may accrue against California State Parks, California State Parks Foundation, volunteers and any sponsors of the race, their successors and representatives, for any and all injuries suffered by our members while traveling to and from and participating in the Colonel Allensworth 5K Run Walk For Health. We attest and verify that we have full knowledge of the risks involved in this event, including, but not limited to, those caused by terrain, wildlife, weather, condition of the athlete, vehicle, other participants and lack of hydration, that we will assume those risks, that we will assume and pay our own medical emergency expenses in the event of an accident, illness or other incapacity, regardless of whether we have authorized such expenses and that we are physically fit to participate in this event. We grant permission to use our likeness taken in connection with this event without compensation. We have read the entry information on this form is true and complete.

Signature _____

Date _____

Note: All entrants must sign the waiver. (Parent/ Guardian if under 18). Unsigned entries cannot be accepted. Attendance at event is consent to be photographed.

Sign the waiver on back